

Case Number: _00001_____
Date: _05/08/2008

Name: Alice Jenkins_____

DOB: _08/31/1972_____

Contact Number: 360 851 2645

Address: 122 Belmont Ln____ City and State: Bellingham, WA____ Zip: _98229____

Emergency Contact: Louise (mother)_____ Phone Number: 360 676 4816____

Referral Source: _Billy Rubin (Friend)_____

Services client is seeking:

☒ Housing Help and Transitioning

☒ Employment Opportunities

☒ Social Skills Development

☒ Life Skills Development

☒ Family Counseling

☒ Transportation Information

☒ Family Support Other Needs: Help obtaining an independent lifestyle

Background Information:

Current living condition: _With parents, non ADA, inconveniently far from needed resources. Social environment is mostly parents and friends. She has her own room.

Client's support network: _Parents, Billy, various neighbors, family_____

Disability(s): __Cerebral palsy, developmental delay (I.Q: 68)_____

Income Sources: _SSDI, some respite care_____

Other services currently receiving: _WTA, Respite Care_____

Intake Interview Conducted By: Intake Team

Tasks:

Outline of a normal day/ Daily routine:

Morning: mom assists in dressing, family breakfast, reading practice with mom.

Activity time: art, museum, out of house

lunch: depends on day

Physical activity: motor and various activities

Dinner and family game/activity

Bedtime: mom assists with bathing if needed (can bath with ADA equipment)

Goals/Objectives:

Personal Goals: __live on own, independence, social network, job (through DSHS-DDD)

Interests:

Hobbies: __Swimming, library, going to parks, beading, arts and crafts__

Pet Peeves: __strangers, touching hair, doctors appointment must be scheduled in the afternoon

Other Notes:

Smiling, motivated, focused, goal oriented, strong support network

Recommendations:**Approved for services**

Intake Interview Conducted By: Intake Team

Independent Street
Goals and Objectives for Alice Jenkins
Six Week Plan

1. Housing: Move into Chuckanut Square June 1st, 2008
 - a) Complete paperwork to Housing Authority by June 10th, 2008 (mom)
 - b) Meet at least four neighbors and find out two of their hobbies by June 20th, 2008
 - c) Tour and feel familiar with apartment building and surrounding area. Ask manager for help if needed by July 20, 2008 (mom or Billy)
2. Become familiar and comfortable with public transportation
 - a) Visit bus station and purchase a bus pass, by June 14th, 2008. (Mom)
 - b) Pick up a bus schedule, by June 14th, 2008. (Mom)
 - c) Map bus route from home to bus station, parents' house, aquatic center, Whatcom Volunteer Center, or grocery store with mom, by June 14th, 2008. (Mom)
3. Learn daily living skills in order to live independently:
 - a) Meet with Holly Community Services to set up future plans for moving into her apartment and establishing independent living skills- June 30th, 2008
 - b) By June 5th, 2008 meet and complete three tasks (these are: washing dishes, making a meal, folding laundry)
 - c) By June 13th, 2008 complete: cleaning bathroom, picking up bedroom
 - d) By June 20th, 2008 complete: create and manage daily schedule and explore managing your own finances.
4. Social interaction
 - a) Visit Arne Hanna Aquatic Center to pick up schedule of classes, by June 30th, 2008. Contact Adaptive Aquatics. (Billy or new friend)
 - b) Plan an outing with Billy and his friends. Use public transportation by June 30th, 2008
 - c) Contact Max Higbee Center and attend two social interactive activities by July 30th, 2008
5. Employment and/or volunteering
 - a) Visit the Whatcom Volunteer Center for ideas about volunteering interests by June 30th, 2008. (Mom)
 - b) Inquire about interview training and vocational rehabilitation options at Worksource, July 3rd, 2009. (Independent Street).

Resource	Information regarding resource
Arc of Whatcom County 2602 McLeod Rd. Bellingham, WA 98225 (360) 715-0170	Community outreach, advocate, and family support. Also has an opportunity for group meetings and fun activities to get her out and about!
Holly Community Services Inc. 4202 Meridian Suite 202 Bellingham, WA 98226 (360) 676-4126 (Office)	Referred to through DSHS-DDD. Would work with her on money management, community integration, shopping, and other daily living tasks. They are there to help with a smooth transition and having her own place.
Marianne's House 810 S Samish Way Bellingham, WA 98229 (360) 756-5232	Respite and Copes Care Provider, allows for her to learn life skills. Fosters learning in new and exciting ways. Has activities that get her out of the home with people and independently living. Such as pre-vocational laundry task.
Division of Developmental Disabilities - Washington State Department of Social and Health Services 509 Girard St. Bellingham, WA 98225-4450 (360) 676-6724 (Office)	She should already be involved when she comes to see us. They are there to help her find housing and become an active member of the community. Would help her find a group home or even an apartment for herself.
Adaptive Aquatics Arne Hanna Aquatic Center 1114 Potter Street Bellingham, WA 98226	A way for her to receive indirect therapy with a fun and relaxed atmosphere. Where she could develop social with of all range of developmental disabilities.

Assessment for Alice Jenkins

Case Number 00001

Date: _____

Alice contacted us for services regarding housing help and transitioning, life skills and social skills development, transportation information, eventual employment opportunities so as to become more independent and lead a more independent life style out of her parents home. She is experiencing a life with partial cerebral palsy affecting her lower torso and shows cognitive abilities at a third grade level. Much of her physical activities such as walking and being mobile require the use of a wheelchair unless she's in her own home. Her current living situation follows thusly:

- With parents in a non- ADA accessible home
- Inconveniently distant from resources
- Disassociated from local community due to transportation limitations and lack of information
- Little to no knowledge about local community programs and events regarding social development and interaction
- Lack of employment skills

Alice shows interest in developing a life of her own, as a responsible, self sufficient adult. She's capable of basic care for herself and shows determination to learn how to manage an independent life-style. Personal desires and needs are:

- Desires privacy, personal space and help with transitional living communities (Have her own apartment)
- ADA respected living quarters
- Become familiar with transportation systems, locally
- Learn community resources and social networks
- Develop employment skills and knowledge of possible employment agencies.

Alice currently has a support network involving family, parents, friend Billy—a friend who successfully transitioned and is an inspiration to Alice—some various neighbors. She has some income support from SSDI and parents. She's also currently receiving respite community involvement that may help with her social skills transitioning, and some WTA/transportation services.

A structured day and lifestyle is very important to Alice and a normal day usually follows thusly:

- Wake: Mom assists in dressing, family breakfast, reading practice with mom.
- Activity time: Arts and crafts, visits museums and parks with mother or both parents.
- Lunch: (Depends on the day) Alice prefers a predictable meal.
- Physical activity: (Various motor activities)
- Evening: Dinner, Family game and different activities
- Bedtime: (Mom assists with bathing if needed but she's familiar using ADA modifications for basic self care when available)

Alice has mentioned that a few hobbies she enjoys are swimming, perusing the library, visiting the local state park, smiling, beading and other various arts and crafts. These things may be useful in combination with the social skill development activities Alice chooses to partake in.

It's also important to Alice that we know her pet peeves. She's adamant that strangers not touch her hair or head area and that her appointments be structured like her daily activities. Alice shows a motivated, focused and goal oriented approach towards our services and with her already strong support network, success is a likely outcome for her. Currently Alice has been approved for all needed services.

Discharge Summary for Alice Jenkins

Meagan Sanders

June 5, 2008

Alice Jenkins came into the office looking for some help to become more independent. She is a thirty-five year old woman who has a developmental delay and sustained an injury at birth causing her to have cerebral palsy. When she came she also lived with her parents who were her primary care providers. She was slightly shy at first but started to open up. When she entered our office she seemed to depend mostly on her mother for her care and had a few friends in her neighborhood. She also needed use of a wheel chair when going around town but said that when with in her home she didn't use it. Her favorite thing to do was to walk with her mom and their family dog. Alice has many things she wanted to do including: find housing, develop life skills, become comfortable in new social situations, learn how to use public transportation and potentially get a job.

The more we talked we narrowed down these things into more specific goals; they were: to find an apartment by June 1st and to know how to take care of her home, to become comfortable with riding the city buses and to plan routes to frequented places, she wanted to learn how to be comfortable in new social situations, and to find new places where she could make new friends. For each of these goals we set up small tasks that she could do to help her achieve some of the more specific goals and foster learning in a fun way.

As we started the process Alice seemed a bit over whelmed but her mother was quite supportive. We were able to find her an apartment by the first of June and when that happened she became more excited about the rest of her goals. She with her mother's help got some new things for her apartment and set it up. We came up with a daily routine for her so that she could

know what chores need to get done in order to keep the house clean and organized. She got to meet some of her new neighbors and completed the goal of meeting four people within her community. She has even had a few of them over to play games.

As for her second goal of learning to ride the bus she can now get from her home to her parents house, her doctors' offices, and some of the stores she frequently uses. Alice is also getting very good at planning new routes. She says she feels fairly comfortable with asking for help from the driver if she needs it.

Alice has been taking some classes through the Max Higbee Center. She learned some skills to use in her home and has made some new acquaintances. She has also done adaptive aquatics through the Arne Hanna Center in town. She has enjoyed her swimming classes and has a good friend base. She is however still working on meeting new people. She has progressed in that when she is introduced to someone she is less shy but still struggles with reaching out to people. This seems like good progress and she is excited to get better at it.

Alice has been on her own for about two months and with the help of her parents and friend Billy is making excellent progress. She continues to face her new goals with enthusiasm. She has received some training from Work Source and is starting to fill out job applications with her mother. She hopes to use her everyday chores as practice for a job some day.

Although Alice is doing well we have set up an action plan for the future. Alice has names and numbers of people to call in emergencies. Her doctor's phone number is on the fridge as well as the medications she is taking. She knows of some neighbors she can come to if an emergency is happening and can call her mother as well. If she feels lost while on an outing she understands that she can get on the bus and speak with the bus driver to help her get back to

the station. If something goes wrong with her apartment she knows who the manager is and how to contact them.

Over all Alice Jenkins has done very well with the change and although she still struggles with some tasks, I feel the more she practices and become familiar with how to take care of herself the more independent she will become. I am excited to see what the future has in store for Alice.